

WORKER RESOURCE GUIDE (HOGGAANKA MACLUUMAADKA SHAQAALAH)



Gobolka Minnesota waxaa ka go'an in uu caawiyo shaqaalaha warshadaha sancada iyo wax soosaarka inta ay si fican ugu noqonayaan shaqadooda.

MINNESOTA DEPARTMENT OF HUMAN SERVICES (WAAXDA ADEEGGA DADWEYNNAHA MINNESOTA AMA DHS)

DHS waxay dadweynaha Minnesota ee aadka ugu nugul ku caawineysaa adeegyada lagama maarmaanka ah. Iyadoo la shaqeyneysa meelo badan, sida degmooyinka, qabiillada iyo hay'adaha aan macaashka qaadan, DHS waxa ay xaqijineysaa in waayeelka Minnesota, dadka naafada ah, carruurta iyo dad kale ay helaan baahidooda aasaasiga ah iyo in ay fursad u helaan gaarista wixii ay awoodaan. mn.gov/dhs

Barnaamijyada taakuleynka dakhliga ee Minnesota waxay caawiyaan qoysaska danyarta ah in ay shaqo ku gaaraan dakhli ku filan. Barnaamijyadaas waxaa ka mid ah Minnesota Family Investment Program (Barnaamijka Maalgelinta Qoysaska Minnesota ama MFIP) iyo Diversionary Work Program (Barnaamijka Shaqa-geynta Waalidka ama DWP). Qoysaska iyo dumarka uurka leh ee xaq u yeesha barnaamijyadaas waxa kale oo ay heli karaan kaalmada cuntada, xannaannada carruurta, caafimaadka iyo baahiyaha kale ee aasaasiga ah. Wixii faahfaahin dheeraad ah: mn.gov/dhs/people-we-serve/children-and-families/economic-assistance/income

Minnesota Health Care Programs Overview (Barta intarnetka ee Barnaamijyada Caafimaadka Minnesota) waxaa si kooban looga heleyaa maclumaadka barnaamijyada Medical Assistance, MinnesotaCare, Medicare Savings iyo waxyaabo dheeraad ah. mn.gov/dhs/people-we-serve/adults/health-care/health-care-programs/overview.jsp.

Dad badan xanuunka faafaya ayaa ku keenay culeys ay u weheliso welwel ay ka qabaan bulshada, ehelka iyo caafimaadkooda. Waxaa dadka uu dhibku haysto loo hayaa waxyaabo loogu caawin doono khalkalka, murugada iyo arrimaha kale ee caafimaadka dhimirka, laga yaabee waa markii ugu horreysay, oo waxaa ugu wacan xanuunka dunida ku faafaya ee COVID-19. Maclumaadka waxaa laga heli karaa mn.gov/dhs/crisis.

Dad badan oo ku nool Minnesota ayaan haysan cunto ku filan naftooda iyo qoysaskooda iyadoo ay ugu wacan tahay xanuunka dunida ku faafaya ee COVID-19. Booqo barta intarnetka ee kaalmada cuntada xaaladaha

degdeggaa ah mn.gov/dhs/food-emergency. Caawimaadda sida loo codsanayo ama meelo cuntooyin dheeraad ah, kala xiriir khadka Food Helpline 1-888-711-1151 ama booqo Hunger Solutions (Xalka Gaajada hungrersolutions.org/programs/mn-food-helpline).

Public Charge in Immigration law (Sharciga Muhaajiriinta Dowladda Culeyska ku haya), "culeyska dowladda" wuxuu khuseeyaa muhaajiriin gaar ah oo ku tiirsan barnaamiyada dowladda. Waxaa laga yaabaa inaad maqashay sharciyada culeyska dowladda lagu hayo in ay saameyn ku yeelan karaan xaaladda muhaajirnimada haddii aad isticmaasho barnaamijyada Medical Assistance (MA), SNAP (kaalmada cuntada) ama Minnesota Family Investment Program (Barnaamijka Maalgelinta Qoysaska Minnesota ama MFIP). Haddii aad dooneyso inaad ogaato in uu sharcigaas adiga ku khuseeyo, kala hadal qareen. U.S. Citizen and Immigration Services (Adeegyada Muhaajiriinta iyo Jinsiyadda Mareykanka ama USCIS) **ogeysiis ayey soo saartay** (uscis.gov/greencard/public-charge) baarista, daaweynta, iyo ka-hortegidda wixii la xiriira COVID-19 in **aysan ku jirin** go'aammada laga qaadanayo culeyska dowladda lagu hayo. Public charge ama Culeyska dowladda lagu hayo ma khuseeyo muhaajiriinta oo dhan ama gebi ahaan barnaamijyada dowladda.

Si loogu helo talooyin qarsoodi iyo bilaash ah afafka Ingiriiska, Isbaanishka, Soomaaliga iyo afaf kale, soo garaac:

Mid-Minnesota Legal Aid: 800-292-4150

Southern MN Regional Legal Services: 888-575-2954

MINNESOTA DEPARTMENT OF EMPLOYMENT AND ECONOMIC DEVELOPMENT (WAAXDA SHAQADA IYO HORUMARINTA DHAQAALAH) MINNESOTA AMA DEED

DEED waxay haysaa barnaamijyo badan oo lagu caawiyo shaqaalaha ay shaqa la'aanta ku dhacday ama laga yareeyey saacadihii shaqada.

CareerForce (barnaamijka adeegyada shaqo-doonka)

Dadka raadinaya shaqo ku meel gaar ah ama shaqo dheeraad ah ama caawimaad shaqo looga heli karo **Hawlaha Barnaamijka Minnesota CareerForce** (careerforcemn.com) oo waxaa ka mid ah adeegyada shaqada ee qorista arjiga, tababarro gaar ahaaneed oo intarnetka ah iyo caawimaad shaqo-raadin dheeraad ah. Adeegyadaas wakhtiga xaadirka ah waxaa lagu heli karaa intarnetka iyo khadka taleefanka. Soo garaac 651-259-7501 ama farriin noogu soo dir CareerForce@state.mn.us.

Dislocated Worker Program (Barnaamijka Shaqaalaha Shaqada Raadinaayey Muddada Dheer)

Shaqaalaha muddada dheer shaqada raadinaayey waa qof kasta oo si joogto ah (ama in ka badan lix bilood ka hor) ay uga dhammaatay shaqo isagoo aan wax khalad ah sameyn. Barnaamijkan waxaa uu hayaa **qof-qof in dadka loola qorsheeyo shaqo muddo dheer, caawimaad ah shaqa-raadin, taakuleyn kale (ilo dhaqaale), iyo tababaridda** dadka xaq u yeeshaa.

Shaqaalaha muddada dheer shaqada raadinaayey iyo qofkii raba caawimaad ah shaqa-raadin waa in ay boodqaaan careerforcemn.com/locations si ay meesha ugu dhow ugu raadsadaan zip code ay ku heli karaan. Si shakhsii-ahaan laguugu caawiyo kula soo xiriir taleefan ama farriinta boostada intarnetka (email).

Unemployment Insurance (Ceymiska Shaqa-la'aanta)

Haddii ay dhawaan kugu dhacday shaqa la'an ama saacadhihi shaqada lagaa **yareeyey in ka yar 32 saac toddobaadkiiba**, haddii aadan mar hore codsi sameysan, **fadlan intarnetka ku soo codso lacagta ceymiska shaqa-la'aanta: uimn.org**. Barta intarnetka waxaa lagu soo buuxin karaa 6-da aroornimo ilaa 8-da fiidnimo, oo maalinta aad soo codsato waxay ku saleysan tahay lambarka ugu dambeeya ee Sagaalkaaga Lambar ee shakhsiga ah.

Si la isugu caawiyo codsiga afafka Isbaanishka, Moong, Soomaali ama luuqad kale, waa in la soo garaaco:

- Magaalooinka Mataanaha iyo nawaaxigooda: 651-296-3644
- Minnesota Inteeda Kale: 1-877-898-9090
- TTY dhagoolaha: 1-866-814-1252

MINNESOTA DEPARTMENT OF LABOR AND INDUSTRY (WAAXDA SHAQADA IYO WARSHADAH MINNESOTA ama DLI)

In la soo sheego welwelka la xiriira caafimaadka iyo badqabka goobaha shaqada

Wixii su'aalo ah Kala Xiriir Minnesota OSHA Compliance (xafiiska u xilsaarana) osha.compliance@state.mn.us, 651-284-5050 ama 877-470-6742.

Workers' Compensation Employee Information Sheet (Waraaqda Macluumaadka Magdhowga Shaqaalaha)

(dli.mn.gov/sites/default/files/pdf/wceinfo.pdf) – Qoraalkan waa mid kooban oo ku saabsan habraaca magdhowga shaqaalaha Minnesota. Haddii ay jiraan shaqaale su'aalo ka qaba sharciga magdhowga shaqaalaha, waa in ay kala xiriiraan DLI 800-342-5354, ka dibna taabo 3, ama qareen u doono talo sharciga la xiriirta.

First Report of Injury (Warbixinta Dhaawaca Koowaad ama FROI)

(dli.mn.gov/sites/default/files/pdf/fr01.pdf) – Haddii aad ku dhaawacanto goob shaqo, ogeysi shirkadda aad ka shaqeyso oo doono daaweyn haddii aad u baahato. Sida kuugu dhakhso badan dhaawacaaga ugu sheeg maamulaha. Waxaa laga yaabaa inaad heli weydo xuquuqdaada magdhowga shaqaalaha haddii aad dhaawacaaga ku soo sheegi weydo wakhti go'an sida uu sharcigu dhigayo. Shaqa-bixiyeyaashu waa in ay buuxiyaan foomka FROI, kaas oo ku caawineysa goaaminta masuuliyyadeed iyo xuquuqda magdhowga. Shaqa-bixiyeyaasha waa in ay sidoo kale ceymiskooda la buuxiyaan foomkan iyo in ay koobbi ka siyaan shaqaalaha iyo xafiiska ururka shaqaalaha. Haddii naafannimada qofka shaqaalaha ah ay qaadato muddo ka badan saddex maalmood oo buuxda, ceymisku waa in ay DLI wada buuxiyaan foomka FROI.

Su'aalaha soo noqnoqda ee shaqa-bixiyeyaasha iyo shaqaalaha ee ku saabsan COVID-19 (dli.mn.gov/sites/default/files/pdf/Employer_and_employee_questions_related_to_COVID_19.pdf)

COVID-19 Health and Safety Guidelines for the Meatpacking Industry (Talooyinka Caafimaadka iyo Badqabidda COVID-19 ee Warshadaha Hilibka) (dli.mn.gov/sites/default/files/pdf/COVID_19_meatpacking_guidance.pdf)

MINNESOTA DEPARTMENT OF AGRICULTURE (WAAXDA BEERAHA MINNESOTA ama MDA)

MDA waxa ay sameysay oo isku uruuriisay macluumaad la xiriira xanunka dunida ku faafaya ee korona faayrus (COVID-19) cuntada iyo beeraha. Macluumaadka waxaa laga heli karaa: mda.state.mn.us/covid-19-agriculture.

Macluumaadyo Dheeraad ah

MDA COVID Question Line (Khadka Su'aalaha MDA COVID): mdaresponds@state.mn.us

- Food & Feed Safety Main Line (Khadka Guud ee Cuntada & Quudinta Badqabidda Leh): 651-201-6027 ama MDA.FFSD.Info@state.mn.us
- MN Farm and Rural Helpline (Beeraha MN iyo Khadka Caawimaadda Miyiga): 1-833-600-2670
- Rural Finance Authority Office (Xafiiska Maamulka Maamilyadda Miyiga): 651-201-6004

MINNESOTA DEPARTMENT OF PUBLIC SAFETY (WAAXDA BADQABIDDA DADWEYNAHA MINNESOTA ama DPS)

DPS waxay haysaa jawaabo la xiriira su'aalaha aalaaba la is weydiyo ee ah Stay Home Order (Amarka Joogista Guriga). Kuwaasna waxaa laga heli karaa: dps.mn.gov/Pages/default.aspx

Ma waxaan u baahaneynaa caddeyn ama waraaq si aan guryaha uga soo baxno?

Qofna loogama baahna in uu wato waraaq si uu u aado iyo si uu uga soo noqdo goob uu ka shaqeeyo, ama meelaha kasta. Dadka ku nool Minnesota waxaa laga codsanayaa in ay is-xilqaamaan oo fuliyaan amarka joogidda guriga.

Goorma ayey okey ii tahay in aan guriga ka baxo?

Dadka ku nool Minnesota guriga waxay uga soo bixi karaan waa in ay soo qaadanayaan waxyaabo muhiim ah, sida raashin ama cunto, daawo, shidaalka baabuurka, in ay u guurayaan sabab la xiriirta badqabkooda, ama in ay shaqo aadayaan haddii ay ku jiraan shaqaalaha qeybaha lagama maarmaanka ah. Haddii aad guriga ka baxdo, xusuusnow kala-fogaanshaha dadweynaha oo dadka kugu dhow ka fogow lix fiit ama dhudhun. Qof kasta waxaa wakhtigan lagu dhiirri gelinayaa in uu bannaanka jimicsi ugu baxo, balse waa in la xusuusnaado kala-fogaanshaha dadweynaha.

MINNESOTA DEPARTMENT OF HEALTH (WAAXDA CAAFIMAADKA MINNESOTA ama MDH)

MDH waxay la shaqeysaa shaqaalaha caafimaadka degmooyinka si looga hortago in uu COVID-19 ku dhex faafo dadweynaha. Siyaabaha ugu fican ee aad u difaaci karto naftaada, dadka aad la noosahay, iyo dadweynaha kale waa adigoo inta badan guriga jooga, adigoo gacmaha dhaqda, adigoo daboola qufacaaga, iyo adigoo nadiifiya meelaha iyo alaabada aad badanaa taabato.

Faafaahinta xanuunka COVID-19, sida calaamadaha lagu garto, waxaad sameynyeuso markaad ku xanuunsato, iyo marka aad ku khasban tahay inaad dhakhtar u tagto, waxaad ka eegan kartaa barta intarneetka ee waaxda caafimaadka health.mn.gov. Waxa kale oo aad la soo xiriiri kartaa khadka taleefanka haddii aad qabto su'aalaha caafimaadka ee COVID-19. Soo garaac 1-800-657-3903.

MINNESOTA DEPARTMENT OF HUMAN RIGHTS (WAAXDA XUQUUQDA AADANAHAA MINNESOTA ama MDHR)

Waaxda Xuquuqda Aadanaha Minnesota waa xafiiska u xilsaaran xuquuqda madaniga ah ee gobolka oo dhan. Waxay baaraan cabashooyinka takooridda ee goobaha shaqada, guryaha, iyo waxyaabo kale ee ku saleysan naafannimo, cunsuriyad, asalkii hore oo uu qof ka soo jeedo, jinsi, iyo wixii kale oo ah xuquuq sharcigu ilaaliyo. Dadka Minnesota si loo caawiyo waxay soo garaaci karaan khadka takooridda ee Discrimination Helpline 1-833-454-0148 ama waxay intarneetka ku soo gudbin karaan foomkan mn.gov/mdhr/intake/consultationinquiryform. Adeegga turjubaanka waxaa laga heli karaa. mn.gov/mdhr/intake/discrimination-helpline.jsp